WHAT IS CLAIMED IS:

1. A method for adjusting a brightness of a liquid crystal display screen of a system, the method comprising:

determining whether there are user signal inputs;

switching the system into an IDLE mode if there are no user signal inputs;

determining central processing unit usage when in the IDLE mode; and

adjusting the brightness of the liquid crystal display screen when in the

IDLE mode based on central processing unit usage.

- 2. The method according to claim 1, wherein central processor unit usage comprises determining a content of a registry of an operating system of the system.
- 3. The method according to claim 2, wherein the registry comprises HKEY DYN_DATA\PerfStats\StatData.
- 4. The method of claim 1, wherein the determining central processor unit usage step comprises retrieving a keyword from an operating system that appears when a video file is read by the system.

- 5. The method according to claim 1, wherein the determining central processor unit usage step comprises measuring a central processor usage amount, and reducing the brightness of the liquid crystal display screen if the central processor usage amount is below a threshold value.
- 6. The method according to claim 1, wherein the determining central processor unit usage step comprises determining whether the liquid crystal display screen is displaying a movie.
- 7. The method according to claim 6, wherein the determining whether the display screen is displaying a movie step comprises determining whether a memory device connected to the central processing unit is operating.
- 8. The method according to claim 7, wherein the memory device comprises a hard disk.
- 9. The method according to claim 7, wherein the memory device comprises a CD-ROM.

- 10. The method according to claim 7, wherein the memory device comprises a DVD.
- 11. The method according to claim 6, wherein the brightness of the liquid crystal display screen is reduced if the liquid crystal display screen is not displaying a movie.
- 12. The method according to claim 6, wherein the brightness of the liquid crystal display screen is maintained if the liquid crystal display screen is displaying a movie.
- 13. A method for reducing electrical power consumed by a central processing unit controlled display screen, the method comprising:

determining central processing unit activity; and

dimming a brightness of the display screen when the central processing unit activity falls below a minimum threshold.

14. A computer-readable medium having stored thereon a sequence of instructions which, when executed by a processor, cause the processor to perform the steps of:

are running; and

monitoring a system for certain display related processes;
maintaining the brightness of a display if the certain display related processes

reducing the brightness of a display if the certain display related processes are not running.

- 15. The computer readable medium of claim 14, wherein the system is a computer.
- 16. The computer readable medium of claim 14, wherein the display is a liquid crystal display screen.
 - 17. The computer readable medium of claim 14, further comprising: monitoring for user input signals.
 - 18. The computer readable medium of claim 14, further comprising:

 determining whether the system is powered by an internal power source.

- 19. The computer-readable medium of claim 14, wherein the monitoring step comprises determining a central processor unit usage amount, and comparing said central processor unit usage amount against a reference amount.
- 20. The computer-readable medium of claim 19, wherein the reference amount is controllably variable.
- 21. The computer-readable medium of claim 19, wherein determining a central processor unit usage amount comprises determining information contained in a registry.
- 22. The computer-readable medium of claim 21, wherein the registry comprises HKEY DYN DATA\PerfStats\StatData.
- 23. The computer-readable medium of claim 14, wherein the monitoring step comprises determining whether a video process related keyword is contained in the currently operating process.
- 24. The computer-readable medium of claim 14, wherein the monitoring step comprises determining whether a video process related device is in use.

- 25. The computer-readable medium of claim 24, wherein the video process related device comprises a readable-and-writeable memory device.
- 26. The computer-readable medium of claim 24, wherein the video process related device comprises a read-only memory device.
- 27. The computer-readable medium of claim 25, wherein the read-only memory device comprises a CD-ROM.
- 28. The computer-readable medium of claim 25, wherein the read-only memory device comprises a DVD.
- 29. The computer-readable medium of claim 24, wherein the video process related device comprises a modem.
- 30. The computer-readable medium of claim 14, wherein the monitoring step comprises determining a central processor unit usage amount and comparing said central processor unit usage amount against a reference amount, determining whether a video process related keyword is contained in the currently operating process, and determining whether a video process related device is in use.

5

31. An apparatus for reducing electrical power consumed by a central processing unit controlled display screen the apparatus comprising:

means for determining central processor unit activity; and

means for dimming a brightness of the display screen when the central

processing unit activity falls below a minimum threshold.

32. An apparatus for reducing the brightness of a display screen in a system in the absence of certain display related processes, the apparatus comprising:

means for monitoring a system for certain display related processes;

means for maintaining the brightness of a display if certain display related processes are running; and

means for reducing the brightness of a display if certain display related processes are not running.

33. A method for adjusting a brightness of a display screen of a system, the method comprising:

monitoring the system for display related processes;

maintaining the brightness of a display if display related processes are

running; and

reducing the brightness of a display if display related processes are not running.

- 34. The method according to claim 33, wherein the system is a computer.
- 35. The method according to claim 33, wherein the display is a liquid crystal display screen.
 - 36. The method according to claim 33, further comprising: monitoring for user input signals.
 - 37. The method according to claim 33, further comprising:

 determining whether the system is powered by an internal power source.
- 38. The method according to claim 33, wherein the monitoring step comprises determining a central processor unit usage amount, and comparing said central processor unit usage amount against a reference amount.
- 39. The method according to claim 38, wherein the reference amount is controllably variable.

- 40. The method according to claim 38, wherein determining a central processor unit usage amount comprises determining information contained in a registry.
- 41. The method according to claim 40, wherein the registry comprises HKEY DYN DATA\PerfStats\StatData.
- 42. The method according to claim 33, wherein the monitoring step comprises determining whether a video process related keyword is contained in the currently operating process.
- 43. The method according to claim 33, wherein the monitoring step comprises determining whether a video process related device is in use.
- 44. The method according to claim 43, wherein the video process related device comprises a readable-and-writeable memory device.
- 45. The method according to claim 43, wherein the video process related device comprises a read-only memory device.

- 46. The method according to claim 45, wherein the read-only memory device comprises a CD-ROM.
- 47. The method according to claim45, wherein the read-only memory device comprises a DVD.
- 48. The method according to claim 43, wherein the video process related device comprises a modem.
- 49. The computer-readable medium of claim 33, wherein the monitoring step comprises determining a central processor unit usage amount and comparing said central processor unit usage amount against a reference amount, determining whether a video process related keyword is contained in the currently operating process, and determining whether a video process related device is in use.